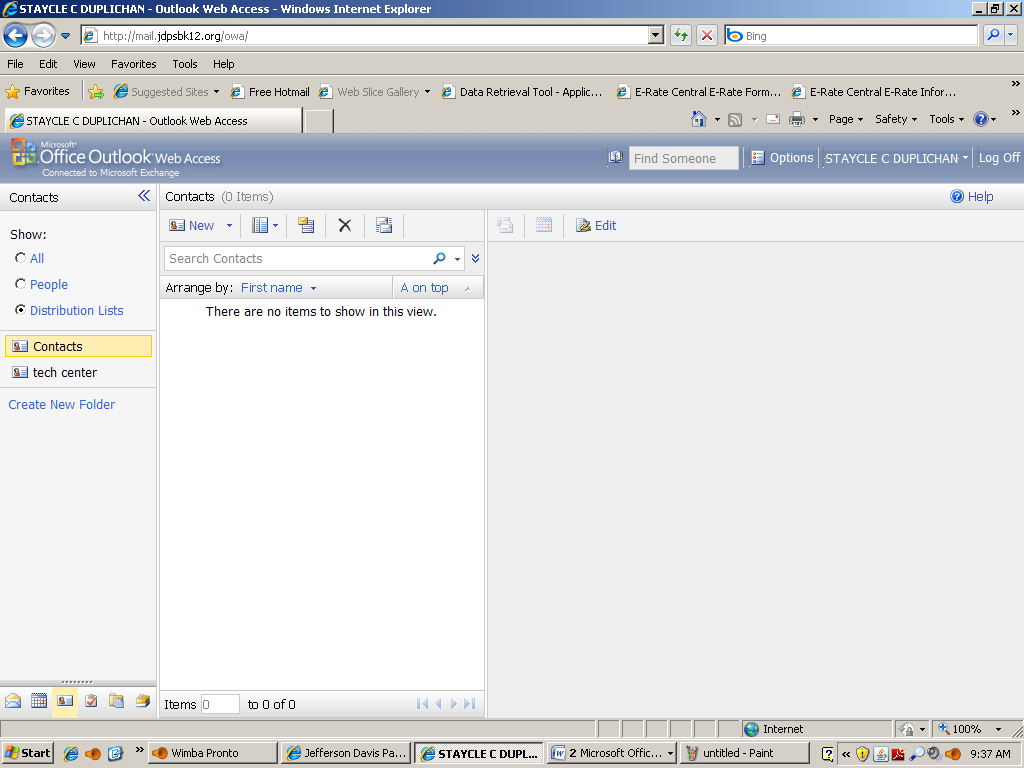
**Outlook Express Distribution tutorial**

**Distribution list**- this list contains addresses from the Address book and your personal contacts

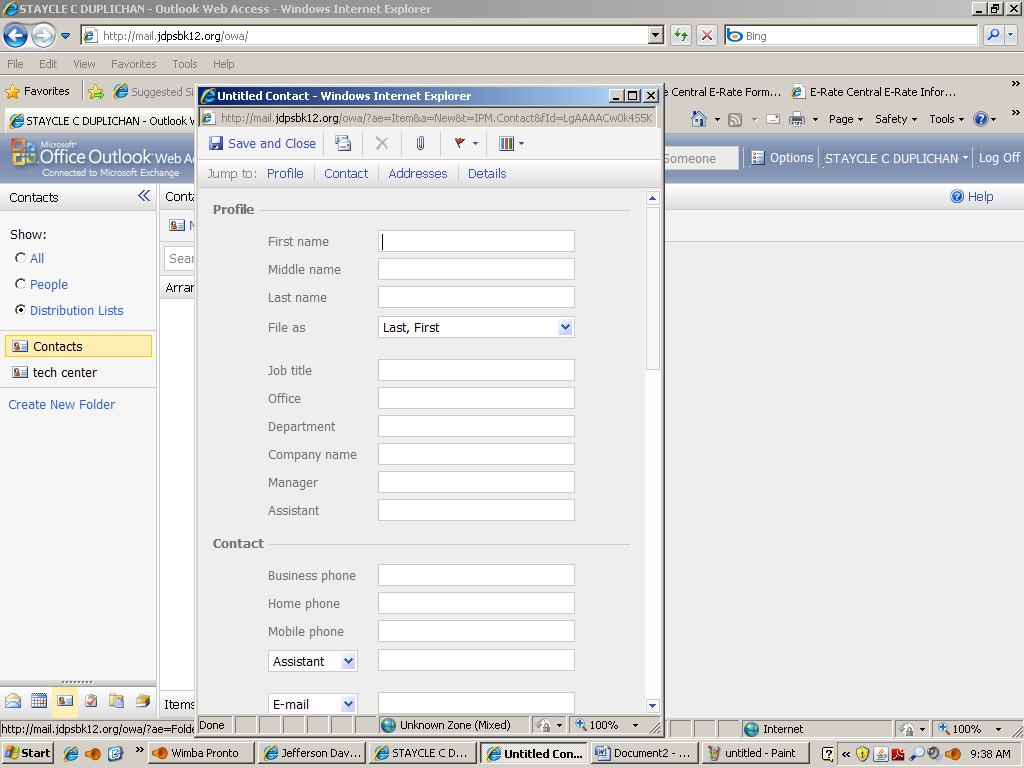
*Think of a distribution list as the actual rolodex*

**Create a distribution list**

Click contact button 



Click distribution list click new answer questions save and close



**Open a distribution list**

Click contacts 

Find and click the distribution list

Enter